

ABSTRACT

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SKIPPING ROPE OR JUMP ROPE HAVING IMPROVED ASYMMETRIC HANDLE

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Conventional skipping ropes have a generally elongate handle swivellably mounted on each end of the rope which is held by the user between the fingers and palms. In accordance with the invention, the handle is shaped like a "T" with the vertical stroke of the T being, at one end, swivellably connected to the rope, and also being, at the other end, connected to the crosspiece, a.k.a. transverse portion, of the T. The handle may be held with the crosspiece of the T situated between fingers and palm and with the vertical "stroke", a.k.a. elongate portion, extending between two fingers. The crosspiece a.k.a. transverse portion of the handle is asymmetric, and thereby adapted to fit to a hand which is holding the handle with the vertical a.k.a. elongate portion passing between two fingers other than the second (index) and third (middle) fingers. This gives a more comfortable and effective skipping position, which allows the transverse portion of the handle to be in contact with all the fingers and/or the full width of the palm.